

Arizona Physical Education Standards Articulated by Grade Span Strand 3

CONCEPT: Physical Activity in a Physical Education Program			
K-2	3-5	6-8	9-12
PO 1. Engage in instructionally-appropriate moderate to vigorous physical activity (MVPA) for at least 50% of structured physical education classes.	PO1. Engage in instructionally-appropriate moderate to vigorous physical activity for at least 50% of structured physical education classes.	PO 1. Participate in instructionally-appropriate moderate to vigorous physical activity for at least 50% of a structured physical education class.	PO 1. Participate in instructionally-appropriate moderate to vigorous physical activity for at least 50% of a structured physical education class.
PO 2. Engages in moderate to vigorous physical activity on an intermittent basis in physical education classes.		PO 2. Engage in a balance of health- and skill-related activities during structured physical education classes.	PO 2. Participates in a variety of physical activities appropriate for maintaining or enhancing a healthy, active lifestyle as per the Activity Pyramid Guidelines or the 2008 US Physical Activity Guidelines.
PO 3. Participate in a variety of developmentally-appropriate activities that include locomotor, non-locomotor, and manipulative activities during physical education classes.			

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CONCEPT: Physical Activity Outside of the Physical Education Program			
K-2	3-5	6-8	9-12
PO 1. Participates in a variety of physical activities outside the structured physical education program	PO 1. Participate regularly in physical activity that develops a healthy lifestyle	PO 1. Accumulate 60 minutes or more of a variety of physical activity daily that contribute to aerobic fitness, muscle strengthening, and bone strengthening activities.	PO 1. Demonstrate an active lifestyle through documentation of daily activity.
PO 2. Engages in moderate to vigorous physical activity on an intermittent basis outside physical education classes.	PO 2. Participate in a variety of games, activities, or dance sequences.	PO 2. Demonstrate an active lifestyle through documentation of daily activity.	PO 2. Demonstrates the ability to monitor and adjust activity to meet personal physical activity needs.
PO 3. Accumulate at least 60 minutes of physical activity daily, or on most days.	PO 3. Accumulate 60 minutes per day of moderate activity on all or most days of the week.		PO 3. Participate in physical activities that contribute to the attainment of personal goals and the maintenance of lifetime wellness.
	PO 4. Demonstrate an active lifestyle through documentation of daily activity.		